

W. W. Grant 1885

Tenth Annual Issue.

"Health and good estate of body are above all gold, and a strong body above infinite wealth."

ECCLESIASTICUS XXX. 15.

B. 11
"Sanitas sanitatum, omnia sanitas."

LORD BEACONSFIELD.

Jan 11 AC 101 AI 845

THE
HEALTH

Almanack

FOR 1885.

BY

T. L. NICHOLS, M.D.,

Editor of THE HERALD OF HEALTH; Author of "How to Live on Sixpence a Day," "The Diet Cure," "Esoteric Anthropology," "Human Physiology the Basis of Sanitary and Social Science," "Forty Years of American Life," etc.

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"THE DIET CURE."

"ESOTERIC ANTHROPOLOGY."

"HUMAN PHYSIOLOGY."

Etc.

P R E F A C E .

1885.

THE past year of 1884 will be for ever memorable in the history of Sanitary Science. For the first time in the history of the world, there was held in the world's greatest Capital an INTERNATIONAL HEALTH EXHIBITION, which drew from all parts of the country and the world four millions of visitors! Europe and America, China and Japan, India and Australia were represented. Never in this World's history were so many Nations and such vast multitudes of people gathered in the cause of Health!

Granting that a large portion of the Exhibition may have had little to do with the promotion of Sanitary Science; granting that the displays and consumption of Alcoholic and other narcotic poisons were inconsistent with the professed objects of the Exhibition, still the great fact remains that four millions of people were attracted to a Health Exhibition! The fact remains that henceforth there will be all over the world a deeper and more pervading interest in Sanitary Science and the Health Reform in which we have so long and perseveringly, and, we may hope, to some extent successfully, laboured.

HEALTH! It has pervaded the press, it has invaded the pulpit, it has been placarded upon the walls of every town, it has become a household word. The prophetic words of the latest of all the Hebrew Prophets have become the motto of our Era—" *Sanitas sanitatis, omnia sanitas.*"

Our work for Health, begun in America in 1836, recommenced in England in 1870, must go on and on! Royal Commissions sit upon Outcast London and the dwellings of the poor; Vegetarian sixpenny dinners are served to many thousands in the Health Exhibition; Hygienic Science will soon become universal, and Health and Longevity become the rule of life, instead of its rare exception.

To bring about this Great Reform, we who see and feel its need must work together earnestly, perseveringly, faithfully.

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By T. L. NICHOLS, M.D.

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JANUARY.

Ds. of the M. W.		Calendar of Remarkable Persons and Events.
1	Th	Queen's taxes due.
2	F	Burke born, 1730.
3	S	W. H. Ainsworth died, 1882.
4	S	2nd Sunday after Christmas.
5	M	Duke of York died, 1827.
6	Tu	EPIPHANY. Old Christmas Day.
7	W	Henry G. Bell died, 1874.
8	Th	Cambridge Lent Term begins.
9	F	Fire Insurance expires.
10	S	Penny postage com., 1840.
11	S	1st Sunday after Epiphany.
12	M	Hilary Law sittings begin.
13	Tu	Dinas Colliery explosion, 1879.
14	W	Oxford Lent Term begins.
15	Th	1700 French Communists pard., 1879.
16	F	Sir John Moore killed, 1809.
17	S	The Siamese Twins died, 1874.
18	S	2nd Sunday after Epiphany.
19	M	First English Parliament, 1255.
20	Tu	Rev. Baptiste Noel died, 1873.
21	W	Abbott's Ripton accident, 1876.
22	Th	Lord Byron born, 1788.
23	F	Canon Kingsley died, 1875.
24	S	Heavy gale in London, 1872.
25	S	3rd Sunday after Epiphany.
26	M	Dr. Edward Jenner died, 1823.
27	Tu	Professor Sedgwick died, 1873.
28	W	First gas in London, 1807.
29	Th	Peter the Great died, 1725.
30	F	Charles I. beheaded, 1549.
31	S	Launch of Great Eastern, 1858.

Health Hints for January.

CHRISTMAS and New Years are festivals that lead many into unhealthful indulgences of eating and drinking. A distended stomach and open pores give wintry blasts sad opportunities. When all the vital forces are needed to digest a Christmas dinner, what can defend the skin and lungs? Nine times in ten a heavy cold is taken with a full stomach.

Breathing foul air in crowded theatres, lecture rooms, assemblies of any kind, with after-exposure in a drafty railway station, for example, is a favourite method of cultivating bronchitis, which carries off four-fifths of all persons past the age of sixty, and too many of the young. The preventives are better ventilation, a more careful diet,

and guarding against sudden chills. Animals provided with furs and feathers, for use as well as ornament, do not die of consumption.

HEALTH is hereditary. We inherit our bodily, mental, and moral constitutions, from remote ancestors. The Jewish and Arab physiognomy and strong vitality come down from Abraham. So of the Negro, Chinese, American, or Anglo-Saxon. Also there are hereditary debilities, bodily and mental, and hereditary diseases, or tendencies to special forms of disease, which may be prevented by good, or developed by bad, conditions. Visitors to the Health Exhibition! this is a matter to be considered. You look to the *breed* of horses, cattle, sheep, dogs—you select healthy, well-organised animals, male and female, as breeders, to give you the qualities you require. Do you know that health, beauty, strength, intellect, and goodness are more subject to hereditary influences in man than in any lower form of animal life? The higher the animal the more important is breeding from a good stock for its improvement. Health, longevity, and the qualities which tend to make an elevated, refined, and happy human society are to be chiefly promoted by *good breeding*.—“*Health*,” a Lecture by Dr. Nichols.

“THE PARCEL POST” offers great facilities now for sending sample packets of food, medicines, and even books or pamphlets. A pound of the latter costs 4d. by Book Post, but only 3d. by Parcels Post. Friends of the Health Reform, who can make a good distribution of “documents,” are invited to send address on P. C., or otherwise, to Dr. Nichols, 32, Fopstone Road, S.W.

FEBRUARY.

Ds.of the M. W.		Calendar of Remarkable Persons and Events.
1	S	Septuagesima Sunday.
2	M	CANDLEMAS DAY.
3	Tu	Caleb Cushing died, 1872.
4	W	Fair held on Thames, 1814.
5	Th	Sir Robert Peel born, 1788.
6	F	Charles II. died, 1685.
7	S	Charles Dickens born, 1812.
8	S	Sexagesima Sunday.
9	M	Dr. Maskelyne died, 1811.
10	Tu	Queen Victoria married, 1840.
11	W	London Bridge burnt, 1662.
12	Th	Sir W. Napier died, 1860.
13	F	London Pantechnicon burnt, 1874.
14	S	St. Valentine.
15	S	Quinquagesima. Shrove Sunday.
16	M	Melancthon born, 1497.
17	Tu	SHROVE TUESDAY.
18	W	ASH WEDNESDAY.
19	Th	Galileo born, 1654.
20	F	D. Hume died, 1855.
21	S	Battle of Alumbagh, 1858.
22	S	1st Sunday in Lent.
23	M	Shirley Brooks died, 1874.
24	Tu	Majorca Railway opened, 1875.
25	W	Sir Christopher Wren died, 1723.
26	Th	Victor Hugo born, 1802.
27	F	Sir George Colley killed, 1881.
28	S	Hare hunting ends.

Health Hints for February.

AN extra wrap need not be heavy or cumbrous. Wintry waterfowl give us their down. The more light and porous our woollen protectors the better. Bed clothing should not be heavy, nor close enough to hinder free transpiration. A hot-air bath every day, or even two or three times a week, ensures free action of the skin, and consequent purification of the whole body. Add to this purifying process the invigoration of a pure diet and suitable exercise for brain and body, and you have the finest conditions and elements of health. The Turkish bath for one in a thousand of the people of our large towns is very good as far as it goes; but one in a thousand is not very far.

My Turkish bath can be taken in every bedroom. On a journey I can pack it in a corner of my portmanteau.

THE Vegetarian Sixpenny Dinner, I am glad to see, has been a success from the first day. Opening out of the great Food Gallery, by the principal entrance, it is easy of access, and an inventor of ventilators has given it abundance of fresh air. There is a good chance for cookery, and for every visitor to satisfy himself that the tinned and condensed meats are in no way necessities of life. Common sense ought to teach everyone that there is no way by which an ounce can become a pound, or a pound be condensed into an ounce. Get weighed and swallow an ounce of Liebig; then see if you are a pound heavier. All these things are flavours, like Worcestershire and Reading Sauce. They no more give strength or weight than curry powder or cayenne. How would it do to feed a horse or an elephant on Liebig? A pig gets fat on potatoes. you can fatten on pig, no doubt; but you will be more healthy if you take your potatoes at first instead of second hand. They are none the better for having made part of a pig, and are much more expensive.—*"Health," a Lecture by Dr. Nichols.*

WHY does Government limit, license, and control the man who sells beer any more than the man who sells bread? Why? In the face of such a question even Mr. Gladstone is speechless! I do not see that I can put it more strongly than that. The truth is that our Government taxes the vices of the people and not their virtues. No man eats a bit too much of bread and goes home to beat or murder his wife and children—therefore a baker needs no license.

MARCH.

Ds. of the M. W.		Calendar of Remarkable Persons and Events.
1	S	2nd Sunday in Lent.
2	M	Queen fired at, at Windsor, 1882.
3	Tu	Copley Fielding died, 1855.
4	W	Lord Lawrence born, 1811.
5	Th	Correggio died, 1534.
6	F	Rev. Samuel Parr died, 1825.
7	S	Professor Jarrett died, 1882.
8	S	3rd Sunday in Lent:
9	M	'ol. Strange died, 1876.
10	Tu	Prince of Wales married, 1863.
11	W	Siege of Badajos, 1811.
12	Th	Bolton colliery explosion, 1878.
13	F	Duke of Connaught married, 1879.
14	S	Victor Emanuel born, 1820.
15	S	4th Sunday in Lent.
16	M	Prince Imperial born, 1856.
17	Tu	St. Patrick.
18	W	Princess Louise born, 1848.
19	Th	Lucknow taken, 1858.
20	F	Spring commences.
21	S	Princess Louise married, 1871.
22	S	5th Sunday in Lent.
23	M	Nice Opera House burnt, 1881.
24	Tu	"Eurydice" foundered, 1878.
25	W	Annunciation. Lady Day.
26	Th	Duke of Cambridge born, 1819.
27	F	Cambridge Lent Term ends.
28	S	Oxford Lent Term ends.
29	S	Palm Sunday.
30	M	Lyndebrook reservoir burst, 1876.
31	Tu	Peace declared at Paris, 1856.

Health Hints for March.

It is windy, which means a good ventilation. Foul air and the microbes are swept out of the slums. There is a grand distribution of Nature's best disinfectant—oxygen. Gardens begin to grow, myriads of leaves begin to gather carbon from the atmosphere, and store it up for man in wheat, oats, potatoes, and all nice vegetables. It is a curious thing that the air we breathe—this gaseous film around the earth, supposed to be some forty miles deep, resting upon us with a pressure of fifteen pounds to the square inch, contains nearly all the elements of our food, and the constituents of our bodies—oxygen, hydrogen, nitrogen, carbon: so that we live on air, as well as the chameleon.

Don't trust March winds too much, and make nice gardens if you are so happy as to have the use of a little earth and sunshine.

PEOPLE should study the death-rates. They should ask why fifteen persons in a thousand die in a year in one town and thirty in another. They should ask why 240 children die within one year of their birth in Liverpool, while in other places such deaths do not occur for many years together. They should ask why the death-rate in some districts of the metropolis even should not be more than ten or twelve per thousand, while in other large districts of the same metropolis it is from thirty to fifty per thousand. It is well that these questions should be asked, and answered. If in one quarter of London the death-rate is three times as large as in another, WHO is responsible for the surplus and needless mortality? Those who have power have with it responsibility. The Government—Parliament—has all power; therefore it is Parliament which is responsible for the vast amount of premature mortality, which is manslaughter when it is not murder.—"*Health*," a Lecture by Dr. Nichols.

THE law of purity is the law of health. The law of comfort is also the law of health. "Follow nature," is the oldest wisdom of the world. The unnatural—the violations of nature—bring disease and death. Exercise for body and mind in good work, or if that be wanting, or for recreative change, in good play, is natural. Comfortable shelter, and easy, warm, and pleasant clothing, are natural requirements of our climate and conditions.

APRIL.

Ds. of the M. W.		Calendar of Remarkable Persons and Events.
1	W	Hilary Law Sittings end.
2	Th	Richard Cobden died, 1865.
3	F	GOOD FRIDAY.
4	S	Oliver Goldsmith died, 1774.
5	S	EASTER SUNDAY.
6	M	Bank and general holiday.
7	Tu	Duke of Albany born, 1853.
8	W	Oxford Easter Term begins.
9	Th	Fire Insurance expires.
10	F	Battle of Toulouse, 1814.
11	S	Canning died, 1770.
12	S	Low Sunday.
13	M	Sir Geo. C. Lewis died, 1863.
14	Tu	Easter Law Sittings begin.
15	W	(14th) Princess Beatrice born, 1857.
16	Th	Shakespeare born, 1563.
17	F	Benjamin Franklin died, 1790.
18	S	Camb. Easter Term begins.
19	S	2nd Sunday after Easter. [1884
20	M	Ramsgate Vaudeville Theatre burnt,
21	Tu	Duke of Sussex died, 1843.
22	W	Great earthquake in Essex, 1884.
23	Th	St. George.
24	F	Daniel Defoe died, 1731.
25	S	Princess Alice born, 1843.
26	S	3rd Sunday after Easter.
27	M	Duke of Albany married, 1882.
28	Tu	Chaucer died, 1400.
29	W	Russian War ended 1856.
30	Th	Montgomery died, 1854.

Health Hints for April.

MONTH of sunshine and showers—smiles and tears—fair promise of the golden summer and rich autumn! But it bothers me to think how all this must be transposed at the Antipodes—New Zealand, Australia, and that lovely land, Tasmania, with South Africa, where our smiling, tearful April is mid-autumn, with harvest over and fruits and nuts ripening, and Almanacs transposed accordingly. Well, the Earth somehow got its Poles planted obliquely in the ecliptic, and what can't be cured must be endured. Antipodeans must prepare in April for their wintery June. Here the sun shines higher in the heavens every day; the green corn is springing in the fields and we are getting ready to

dance around our May-pole. By the way—what are our health hints for April? A clean and active skin, and a healthy stomach. Don't overtax a growing brain. Don't fuss or worry. So bathe, eat, drink, and work that you can sleep well every night, and wake every morning strong and eager for the labours of the day. That is the true life—that is health.

“OUTCAST AND HORRIBLE LONDON” is the result of debasing habits and conditions, whose evils are perpetuated by hereditary predispositions. When drunkard marries drunkard—when thief mates with thief—when men and women born in disease, vice, and crime beget offspring in horribly unsanitary and immoral conditions—what can you expect? What we *have* is first a frightful infant mortality, which rises in some districts, and even in some large towns, to a death-rate of 240 to 250 in 1,000 of infants under one year old. And if nearly one in four die in a town like Liverpool or Leicester, what must be the infantile mortality of the lower strata of such populations. The death-rate, published from week to week by the Registrar-General, tells a fearful story of unsanitary conditions and habits in many towns in our highly civilised and enlightened United Kingdom. In good conditions, among well-to-do populations, the annual death-rate varies from 10 to 15 per 1,000. The death-rate in the whole metropolis averages 24 per 1,000. In Dublin it often mounts to 30 or 40. It is large in Liverpool, Manchester, Glasgow—wherever there are masses of poor, ignorant people living in immoral habits and unsanitary conditions.—“*Health*,” a Lecture by Dr. Nichols.

MAY.

Health Hints for May.

Days of the M.	W.	Calendar of Remarkable Persons and Events.
1	F	Duke of Connaught born, 1850.
2	S	Meyerbeer died, 1864.
3	S	4th Sunday after Easter.
4	M	The "Doterel" destroyed, 1881.
5	Tu	Napoleon I. died, 1821.
6	W	Lord Cavendish assassinated, 1882.
7	Th	Lord Brougham died, 1868.
8	F	Le Sage born, 1668.
9	S	Half-quarter day.
10	S	Rogation Sunday.
11	M	Commercial Panic of 1866.
12	Tu	Strafford beheaded, 1641.
13	W	Old May Day.
14	Th	ASCENSION DAY. HOLY THURSDAY.
15	F	Daniel O'Connell died, 1847.
16	S	Battle of Albuera, 1811.
17	S	Sunday after Ascension.
18	M	New Eddystone Lighthouse op. 1882.
19	Tu	N. Hawthorne died, 1864.
20	W	Metric System introduced, 1875.
21	Th	Mon'rose executed, 1650.
22	F	Oxford Easter Term ends.
23	S	Oxford Trinity Term begins.
24	S	WHIT SUNDAY.
25	M	Bank and General Holiday.
26	Tu	(25th) Princess Helena born, 1846.
27	W	Length of day, 16h. 5m.
28	Th	William Pitt born, 1759.
29	F	Marshal Grouchy died, 1847.
30	S	Alexander Pope died, 1744.
31	S	Trinity Sunday.

OUR ancestors kept May-day as a picturesque joyous festival. The Catholics of our own day fill their churches with flowers during this month of Mary. In London May-day in the streets is a chimney sweep's holiday. But in the sweet country what a lovely month it is, knee deep in flowers! An English May should need no health hints. It is health itself—life itself. The sun, rising towards its highest summer altitude and approaching its longest days, pours a flood of life upon our hemisphere, of which all vegetables and animals partake. Life is one—its forces are everywhere. They beautify the earth with foliage and flowers, and they feed us with grains and fruits. We have only to live naturally that we may

live well and long. This is the only way to make life worth living.

BATHING and friction toughen the skin—but there is still wisdom in wraps, and colds are uncomfortable when they are not dangerous. September brings us abundance of grapes and peaches. Never was fruit so plentiful in London as in last September. In my memory it has increased year by year. In 1861 I seldom saw grapes, figs, tomatoes or bananas in the London shops. Now they are everywhere. And Mr. Gladstone goes in for "real jam." But dyspeptics must be a little shy of fruits preserved in sugar, because the sugar preserves it *in* the stomach as well as in the jam pot. Spread it thinly on a slice of good brown bread, and give to both a thorough mastication—a perfect insalivation, and so a good digestion.

THE first and last and continuous want of all animals is pure air. From birth to death—night and day—sleeping and waking, the blood wants oxygen. The child in the womb depends upon the air breathed by its mother. Her blood is its life—both air and food. By night and day her room should have perfect ventilation, and no air breathed by others, or poisoned with foul germs, should ever reach her. More than that, she should live much in the open air, the light, the sunshine, and take enough exercise every day to give her plenty of breathing. Her lungs should have free play, unhindered by stays or ligatures. And everyone, all through life, should have the habit of deep, full breathing.—"*Health*," a Lecture by Dr. Nichols.

JUNE.

Health Hints for June.

Ds. of the M. W.		Calendar of Remarkable Persons and Events.
1	M	Prince Imperial killed, 1879.
2	Tu	Trinity Law sittings begin.
3	W	R. Cobden born, 1804.
4	Th	Corpus Christi.
5	F	Weber died, 1826.
6	S	Jeremy Bentham died, 1832.
7	S	1st Sunday after Trinity.
8	M	Douglas Jerrold died, 1857.
9	Tu	Charles Dickens died, 1870.
10	W	Crystal Palace opened, 1854.
11	Th	George I. died, 1727.
12	F	The "Cuba Escondido" lost, 1880.
13	S	Battle of Elmina, 1873.
14	S	2nd Sunday after Trinity.
15	M	Thomas Campbell died, 1844.
16	Tu	Dr. Macleod died, 1872.
17	W	Length of Day, 16h 33m.
18	Th	Battle of Waterloo, 1815.
19	F	C. H. Spurgeon born, 1834.
20	S	Ascension of Queen Victoria, 1837.
21	S	3rd Sunday after Trinity.
22	M	Brazilian cable laid, 1874.
23	Tu	Lord Campbell died, 1861.
24	W	St. John Baptist. Midsummer Day.
25	Th	First Wesleyan Conference, 1784.
26	F	George IV. died, 1830.
27	S	Earl Clarendon died, 1870.
28	S	4th Sunday after Trinity.
29	M	Globe Theatre burnt, 1613.
30	Tu	William Roscoe died, 1831.

"HERE we go up—up—up—" to the heights of June. O royal month of sunshine and supremest life! Do we realise our relations to the sun? In the smoke, and grime, and fogs of London it may be a little difficult—but not when he shines through a pure transparent atmosphere. Unhappily London Society spends June in this murky metropolis, and keeps the country for the short days of December. My Health Hint for June is—get all the sunshine you can, and all the pure, fresh air. Make the most and the best of it. Midsummer, like Christmas, comes but once a year. Don't be afraid of sunshine. Don't shut out the light. It may give you some freckles, but they won't

hurt you. It may take some colour out of your carpets—but it will give more to your cheeks and eyes. Revel in the sun. If you are feeble manage to let the sun shine on your naked body. The water-bath for cleanliness and reactive invigoration; but the sun-bath—absorbing the pure sunshine—is very strengthening and helpful. In America, where the thermometer in June habitually goes to 90 or 100 in the shade, many people have found the sun-bath delightfully curative and invigorating. I have seen a man cured of blindness by sitting several hours a day naked in the summer sunshine. A convent of Nuns in Cuba, some years ago had a present of some negro girls fresh from Africa. They made very good servants, but at noontide were missing. The good nuns made a search, and found them at last on the roof of the house, enjoying the heat of the tropic sun *in puris naturalibus*, or, as *Punch* said, "perhaps not even that!" They knew what was good for them.

To perfect Health we need the *mens sana* as well as the *corpore sano*. The brain rules the body, and thought, feeling, will, hope, and love, distribute nerve power or vital force through every bodily organ. We love not only with our hearts, but in every fibre to the tips of our fingers. "Love is life." Yes, and hope is life, and the cultivated will power of man not only enables him to resist and overcome disease in himself, but often to control and cure it in others. What is called "Animal Magnetism" is the force of will exercised upon the brain or body of another to relieve, strengthen, and cure.—"*Health*," a Lecture by Dr. Nichols.

JULY.

Health Hints for July.

Ds. of the M.	W.	Calendar of Remarkable Persons and Events.
1	W	Princess Alice married, 1862.
2	Th	Sir R. Peel died, 1850.
3	F	Battle of Sadowa, 1866.
4	S	Battle of Ulundi, 1879.
5	S	5th Sunday after Trinity.
6	M	Princess Victoria of Wales born, 1868.
7	Tu	Sheridan died, 1816.
8	W	Hyde Park Riots, 1855.
9	Th	Fire Insurance expires.
10	F	Louis Daguerre died, 1851.
11	S	Oxford Trinity Term ends.
12	S	6th Sunday after Trinity.
13	M	J. Cooper (actor) died, 1870.
14	Tu	Bastille taken, 1789.
15	W	St. Sw. thin.
16	Th	Beranger died, 1857.
17	F	Dr. Isaac Watts born, 1674.
18	S	Dean Stanley died, 1881.
19	S	7th Sunday after Trinity.
20	M	Lord Westbury died, 1873.
21	Tu	Rob. Burns died, 1796.
22	W	Battle of Salamanca, 1812.
23	Th	Indian Bill passed, 1858.
24	F	Lord Wolverton died, 1873.
25	S	Duchess of Cambridge born, 1797.
26	S	8th Sunday after Trinity.
27	M	Atlantic cable laid, 1866.
28	Tu	Marshal Mortimer killed, 1835
29	W	Wilberforce died, 1833.
30	Th	Gray (poet) died, 1771.
31	Fr	Ignatius Loyola died, 1556.

It is the height of the London season. Theatres and operahouses are crowded with rank and fashion. Assemblies, balls, and parties are the order of the day—or, rather, the night. Parliament is in session, and will not be prorogued until it is time to shoot grouse—the 11th of August. Of course it will adjourn for the Derby, as it is horsey, and approves of gambling. The wisdom and the morality of Parliament are equally incomprehensible. When the snows of Christmas come, the world will enjoy them in the country.

Parliament meets for prayers at 4 p.m., but members do not usually come till 5. The Lords meet at the same time, but usually adjourn in 20 minutes, as

“a short horse is soon curried.” The Commons sit till 3 a.m. Nothing of consequence is done until after they dine, at 9 p.m. I doubt if this is healthy for the members or the nation they represent. I venture to think that Parliament, Lords and Commons alike, ought to set a better example. The courts sit at 10 a.m. Formerly even the highest courts sat much earlier. In the age of Elizabeth, the Lord Chancellor opened his court at 6 o'clock in the morning. But why should not the Houses of Parliament meet at 11 or 12, and get through their work before midnight? I am sure it would be healthier for all concerned.

Parliament should set a good example in manners, morals, and health. At present it sets a very bad one, and I make my protest accordingly.

DROWNING is said, by those who have tried it, to be one of the easiest deaths a man can die, and pessimistic people, who are anxious to get out of this life, find it also one of the most convenient. But it is very sad to read every day almost of the drowning of so many who would like to live a little longer. Fifty officers and men on a Government gun boat drowned on the Irish coast, every one of whom might have been saved by “Dr. Nichols’ Pocket Swimming Life Preserver.” A few years ago the captain of an English ship did one of the most gallant and heroic things ever recorded. A storm was gathering, and he sent his wife on shore in a boat, fastening round her neck one of these life preservers. In the night his hip went down and he was drowned.

AUGUST.

Ds. of the M. W.		Calendar of Remarkable Persons and Events.
1	S	Lammas Day.
2	S	9th Sunday after Trinity.
3	M	Bank and general holiday.
4	Tu	Eddystone Lighthouse completed, 1759.
5	W	Lord Howe died, 1799.
6	Th	Duke of Edinburgh born, 1844.
7	F	Queen Caroline died, 1821.
8	S	Fire at Serajevo, 1879.
9	S	10th Sunday after Trinity.
10	M	Royal Observatory founded, 1675.
11	Tu	Half-quarter day.
12	W	Trinity Law Sittings end.
13	Th	Old Lammas Day.
14	F	Bishop Law died, 1787.
15	S	Sir W. Scott born, 1771.
16	S	11th Sunday after Trinity.
17	M	Frederick the Great died, 1786.
18	T	Earl Russell born, 1792.
19	W	Riot in Newgate, 1777.
20	Th	Sir C. Sedley died, 1701.
21	F	William IV. born, 1765.
22	S	Battle of Bosworth, 1485.
23	S	12th Sunday after Trinity.
24	M	Last Bartholomew fair, 1855.
25	Tu	Herschel died, 1822. [Gardens.
26	W	Free day at Horticultural Society's
27	Th	Thomson (poet) died, 1748.
28	F	Leigh Hunt died, 1859.
29	S	General Napier died, 1853.
30	S	13th Sunday after Trinity.
31	M	John Bunyan died, 1688.

Health Hints for August.

AT last, on the 12th of August, or thereabouts, the London season collapses, and our rulers, or what we call society, go into the country—and people who can afford to leave homes leave them for the mountains or the sea. Those who have no proper homes must, of course, “stew in their own juice”—live as they can in the slums which a Royal Commission is taking testimony about, and perhaps considering. People who can afford it, go to Scotland and shoot deer or grouse. £3,000, or £5,000 a year, will give a man several square miles to shoot over. The healthiest thing for a rich Englishman to do, is to kill as many as he can of his humbler fellow creatures. An Englishman's first idea of sport, recreation, enjoy-

ment, is to kill some creature of God, which may have as good a right as himself to “life, liberty, and the pursuit of happiness.”

No doubt hunting and shooting and field sports generally, are healthful for the men and women who *enjoy* the *sport*, if not for the animal they torture and destroy; and the right of the strongest is supreme, and the weakest goes to the wall, which results in the survival of the fittest.

Only, I venture to think, that there is no real need that my health should depend upon the torture and death of any other creature—that lawn tennis may be as beautiful as hunting foxes or shooting grouse. And very humbly do I venture to object to tame stags being taken out in carts to be hunted, torn, and killed by “Her Majesty's staghounds,” for the delectation of any London snob who can hire a horse at a livery stable to follow them.

DR. NICHOLS' FOOD OF HEALTH, I am glad to learn, has been making steady progress during the past year, with increasing sale, and very encouraging and valuable testimony as to its usefulness in curing disease and building up a solid state of health. After a careful examination of every food in the Health Exhibition of 1884, I am more than ever satisfied that it is far and away the best preparation of Farinaceous Food in the world.

OF course, the Food of Health Biscuits offer the most convenient form of preparation. They are delicate and delightful, and undoubtedly the most digestible as well as the most perfect form of food ever offered to a dyspeptic stomach.

SEPTEMBER.

Ds. of the M. W.		Calendar of Remarkable Persons and Events.
1	Tu	Partridge shooting begins.
2	W	Capitulation at Sedan, 1870.
3	Th	Oliver Cromwell died, 1658.
4	F	French Republic declared, 1870.
5	S	Dr. J. Dalton born, 1766.
6	S	14th Sunday after Trinity.
7	M	Hannah More died, 1837.
8	Tu	Sebastopol taken, 1855.
9	W	Cervantes born, 1547.
10	Th	Beyrout taken, 1840.
11	F	Lady Palmerston died, 1869.
12	S	Marshal Blucher died, 1819.
13	S	15th Sunday after Trinity.
14	M	Duke of Wellington died, 1852.
15	Tu	Sir I. K. Brunel died, 1859.
16	W	Moscow burnt, 1812.
17	Th	Louis XVIII. died, 1824.
18	F	Manchester Fenian outrage, 1867.
19	S	Battle of Poitiers, 1356.
20	S	16th Sunday after Trinity.
21	M	Sir W. Scott died, 1832.
22	Tu	Autumn commences.
23	W	Battle of Assaye 1803.
24	Th	Lord Hardinge died, 1856.
25	F	Porson died, 1808.
26	S	Balaclava taken, 1854.
27	S	17th Sunday after Trinity.
28	M	Stockton & Darlington Rail. open., 1825.
29	Tu	Michaelmas Day.
30	W	G. Whitfield died, 1770.

Health Hints for September.

WHAT a pretty month it is! I spent a week of the September of 1884 in Paris. Cholera had been raging in Toulon, in Marseilles, and was making dreadful havoc in Naples. But Paris was never so clean, so sweet, so bright and healthful. From barrier to barrier—from Auteuil to Bercy, I explored the Seine, lined all these miles with penny bathing establishments for men and women. The streets were wonderfully clean and sweet. I detected nothing on which cholera microbes could subsist in all Paris. "If cholera is epidemic in Paris," I said, "we shall have it in London." As to Naples; it was, by all accounts, a perfect den of filth. The wonder is that it could escape a pestilence so long. The

King's visit was heroic. Not that I think there was any risk: I have visited cholera hospitals and seen patients in every stage of the disease without a thought of danger—but still, for King Humbert, as for the Empress Eugenie, years ago, I say it was heroic and worthy of all praise. No doubt many lives were saved in both cases.

For the rest, September brings us healthy fruits. In the sweet gardens of France I found an abundance of ripe grapes and peaches—delicious and healthful. O for the Eden life of bread and fruit!—the Eden life when men and women ate no diseased and diseasing corpses of their friendly fellow-creatures.

I HAVE abundantly shown in "How to Live on Sixpence a-Day," in "The Diet Cure," in "Esoteric Anthropology," in "Human Physiology," in numberless articles in the *Herald of Health*, that man was originally, and is naturally, a fruit-eating animal, like the animals which, in his anatomy and physiology, he most nearly resembles, and from which some naturalists believe he has descended or ascended. "Our nearest relations" are arboreal and frugivorous. They live in trees, and feed on fruits. Fruits, plants, and seeds were the food of Eden and the "Golden Age." Bread is the staff of life, and four-fifths of the human race have ever lived, and still live upon fruits, seeds, and vegetable substances—upon bananas, dates, figs, grapes, oranges, apples, melons, rice, maize, wheat, barley, oats, yams, potatoes, beets, turnips, onions, cabbages, etc., etc.—the wondrously varied, delicious, sufficient, and most pure and healthful products of the vegetable kingdom.—"Health," a Lecture by Dr. Nichols.

OCTOBER.

Ds. of the M. W.		Calendar of Remarkable Persons and Events.
1	Th	Cam. Michaelmas Term begins.
2	F	F. Arago died, 1853.
3	S	Treaty of Limerick, 1691.
4	S	18th Sunday after Trinity.
5	M	Rev. J. Sheepshanks died, 1863.
6	Tu	Batthyan shot, 1849.
7	W	Marshal Burgoyne died, 1871.
8	Th	Fielding died, 1754.
9	F	Chicago fire, 1871.
10	S	Oxford Michaelmas Term begins.
11	S	19th Sunday after Trinity.
12	M	Gen. Robert Lee died, 1870.
13	Tu	Murat shot, 1815.
14	W	Fire Insurance expires.
15	Th	Length of day, 10h. 39m.
16	F	Battle of Leipsic, 1813.
17	S	Duchess of Edinburgh born, 1853.
18	S	20th Sunday after Trinity.
19	M	The "Cambria" wrecked, 1870.
20	Tu	Grace Darling died, 1842.
21	W	Battle of Trafalgar, 1805.
22	Th	Dr. Arnold died, 1822.
23	F	Earl of Derby died, 1869.
24	S	Michaelmas Law Sittings begin.
25	S	21st Sunday after Trinity.
26	M	The "Royal Charter" lost, 1859.
27	Tu	Servetus burnt, 1553.
28	W	Rev. T. Gregg died, 1881.
29	Th	John Keats born, 1795.
30	F	L. Gambetta born, 1838.
31	S	All Hallows Eve.

Health Hints for October.

Now we gather our winter apples and pears, and some make cyder and perry. Better not. Fermentation is a destructive process. Sugar turns to acid, and the carbon goes off in gas. In the deep beer vats workmen are sometimes drowned in carbonic acid, as surely as men and women, tired of Parisian life, used to be in the fumes of charcoal. Sewer gas poisons. The gas of fire and fermentation drowns. Bread is made sour by over-fermentation, and its nutritive value lowered. It is the same with the juices of fruits. Better slice and dry them. In America immense quantities of apples, peaches, and grapes are dried for winter food. We have dried prunes from France, and dried grapes are everywhere selling at Christmas

time for 3d. or 4d. a pound. Soaked over night, and stewed quite plump and tender in the morning, you have, all the year round, one of the most healthful as well as delicious fruit dishes in the world. Adding the water which brings pudding raisins to its proportion in ripe hothouse grapes, and they cost you 1d. a pound instead of 5s. to 10s.—which, to a poor man, is quite an appreciable difference.

THERE is no need of eating the flesh of any dead animal. All decaying corpses should be buried—or, still better, burnt. Men are not naturally like wolves or tigers, and should not feed like them. Flesh-eating animals have claws, teeth, and internal organs fitted for catching, tearing, devouring, and digesting the bodies of other animals. Man differs essentially from all beasts of prey. Milk is a perfect food in infancy, and may well form a good share of the diet of childhood. Adult men can live perfectly well on such fruits as bananas, figs, dates, grapes—but good bread is a healthful addition. For children and invalids, Dr. Nichols' "Food of Health" is probably the best farinaceous food in the world. I have never known a case of habitual constipation fail of being cured by living on "Wheaten Groats." AIR—WATER—FOOD. These are the three absolute necessities of life, and in their perfection and purity, the prime requisite of health.—"*Health*," a Lecture, by Dr. Nichols.

PEOPLE who "bolt" their food get bad teeth, either because they do not use them, or because they are destroyed by the acids generated in dyspeptic stomachs. Unused organs tend to become useless.

NOVEMBER.

Ds. of the M. W.		Calendar of Remarkable Persons and Events.
1	S	22nd Sunday after Trinity.
2	M	Garfield elected Pres. U.S.A., 1880.
3	Tu	Bishop Lowth died, 1787.
4	W	Geo. Peabody died, 1859.
5	Th	Battle of Inkermann, 1854.
6	F	Princess Charlotte died, 1817,
7	S	Battle of Moulton, 1848.
8	S	23rd Sunday after Trinity.
9	M	Prince of Wales born, 1841.
10	Tu	Martin Luther born, 1483.
11	W	Martinmas Day.
12	Th	Half quarter day.
13	F	Wm. Etty, R.A., died, 1849.
14	S	Mozart born, 1719.
15	S	24th Sunday after Trinity.
16	M	John Bright born, 1811.
17	Tu	Suez Canal opened, 1859.
18	W	Fall of Kars, 1877.
19	Th	Charles I. born, 1600.
20	F	Chatterton born, 1752.
21	S	Princess Royal of Prussia born, 1840.
22	S	25th Sunday after Trinity.
23	M	(22nd) The "Ville du Havre" lost, 1873.
24	Tu	Lord Melbourne died, 1848.
25	W	Length of day, 8h. 20m.
26	Th	W. Cowper born, 1731.
27	F	Lord Selborne born, 1812.
28	S	Cardinal Wolsey died, 1530.
29	S	1st Sunday in Advent.
30	M	St. Andrew.

Health Hints for November.

THE short dark days, and long, cold, gloomy nights of our foggy island clime, brighten our fire-sides and endear our homes. The time is coming, and probably not very distant, when the tidal rivers and estuaries all round these islands will make our homes all brilliant with electric light. Long before our coal is exhausted, the forces of gravitation in sun and moon will give us light and heat and locomotive power. The International Exhibition of Inventions for 1885 at South Kensington may be too early, but the time is not distant when a wire will bring into a house all the light, heat and force we need: heat without smoke—light without combustion or its products. Machines

for flying across the country, or across Europe, as the swallows and pigeons fly, will come a little later, but they will surely come. We have our best model, perhaps, in the dragon-fly. We have the force, and its application needs only experimental investigation.

Health hints?—Well, yes. In the progress of scientific discovery life will become so well worth living that everyone will try and lay up the largest store of health to enable him (or her) to enjoy its splendours and delights.

MEN are, in many cases, better than their professions. A soldier, whose profession is to slaughter his fellow-men, may be naturally humane. A lawyer, who lives upon the quarrels, frauds, and crimes of his fellow-men, may approve of honesty, though its general practice might bring him to want. So, a physician, whose revenue of hundreds or thousands—and some get ten or twelve thousand pounds a year—depends upon the prevalence of unsanitary habits and conditions, may be a sanitary reformer; but it cannot be concealed that his whole interest is the other way. His living, and the support of his family and its fortunes, depend upon the prevalence of disease, and his power of making people believe that he can cure it. He may be an allopath, denouncing homœopathy as nonsense; or a homœopath, denouncing allopathic drugs as poisons; all the same, he is *interested*, not in promoting health, but in the prevalence of disease, as the surgeon is in the frequency of accidents.—“*Health*,” a Lecture by Dr. Nichols.

DECEMBER.

Ds. of the M. W.		Calendar of Remarkable Persons and Events.
1	Tu	Princess of Wales born, 1844.
2	W	St. Paul's opened, 1697.
3	Th	Belzoni died, 1823.
4	F	Thomas Carlyle born, 1795.
5	S	Alex. Dumas died, 1870.
6	S	2nd Sunday in Advent.
7	M	Length of day, 7h. 56m.
8	Tu	Venice ceded, 1797.
9	W	John Milton born, 1608.
10	Th	Fall of Plevna, 1877.
11	F	Prince Conde died, 1686.
12	S	Lord Hood born, 1724.
13	S	3rd Sunday in Advent.
14	M	Prince Consort died, 1861.
15	Tu	Isaac Walton died, 1683.
16	W	Geo. Whitfield born, 1714.
17	Th	Oxford Mich. Term ends.
18	F	Rogers (poet) died, 1855.
19	S	Camb. Mich. Term ends.
20	S	4th Sunday in Advent.
21	M	St. Thomas. Mich. Law Sittings ends.
22	Tu	Archbishop Tait born, 1811.
23	W	Prince Albert buried, 1861.
24	Th	W. M. Thackeray died, 1863.
25	F	CHRISTMAS DAY.
26	S	Bank and general holiday.
27	S	Sunday after Christmas.
28	M	Innocents' day.
29	T	W. E. Gladstone born, 1809.
30	W	Royal Society founded, 1660.
31	Th	New Year's Eve.

Health Hints for December.

KEEP warm with good clothing and brisk exercise. Make the skin, with its myriad nerves and pores — anatomists estimate 7,000,000 pores, or outlets of this drainage system — as vigorous, active, and healthful as you can. For fifty years I have not failed to take my morning bath, except two or three times on steamers or railways with defective accommodation. It can be done with a quart of water and a rough towel. Now I am getting more luxurious. I take a hot-air bath by my bedside, and then the cold sponging and dry rubbing with the roughest towel I can get. The hot-air bath, with gas or spirit lamp, takes ten minutes, and costs a half-penny. The whole apparatus, which will pack in a corner of a portmanteau,

could be furnished, with full directions for use, for a guinea. Every invalid should have such a bath, and every one in the least liable to ever become an invalid—so as to prevent so deplorable a catastrophe. The fact is we must banish invalidism from this world. It is troublesome, expensive, tiresome, and, in some cases, dangerous.

It may be necessary some time or other to abolish the House of Lords—but the abolition of invalids is far more important. The first thing to abolish is disease, and all the causes of disease—the first thing to establish and make permanent and universal is *Health*.

“Omnia Sanitas!”

DOCTORS talk of the number of cubic feet of space in schools manufactories, etc., necessary for each person. The evident fact is, that in a large tight room the air is robbed of its oxygen, and loaded with carbonic acid and diseasing emanations, while in the smallest one the air may be kept pure by effective ventilation. The heated breath which rises must find exit. Fresh air will rush in to take its place. A bedroom window lowered an inch from the top, makes a similar opening at the centre. These two openings will keep the air fresh and pure. An open chimney is often a good ventilator. Don't forget that oxygen is a necessary of life, and that plenty of it is a condition of health. Expand your lungs, and make a business of breathing.—“*Health*,” a Lecture by Dr. Nichols.

HEALTH, DISEASE, AND CURE.

THE conditions of health, the causes of disease, and the principles and methods of cures are stated with all the precision at my command in all my medical books. "Health, Disease, and Cure" is one of the six divisions of my "Human Physiology the Basis of Sanitary and Social Science," and it pervades my "Esoteric Anthropology" and the "Diet Cure," as it does in that best of woman's books, "A Woman's Work in Water Cure," by Mrs. Nichols.

The sanity and power of a nation depend upon its understanding of, and conformity to, the laws of health, which are simply the laws of Nature ruling the vegetable and animal kingdoms, or the laws of life. In my opinion, they should be taught in every Board School and University, preached in every pulpit, find a place in every newspaper, and be scattered everywhere by health, missionary, and tract societies.

Royal Commissions on "Outcast London" we may hear from in course of time; Acts of Parliament may be passed for the promotion of health, as well as for scattering disease and destroying morals and life. Gathering three millions of people to drink beer and spirits, to listen to music, and look at illuminated fountains, may be a step in the right direction.

I have done what I could. My lecture on the Health Exhibition, 32 pages for a penny, has had a circulation of 15,000, and, being stereotyped, may reach a much greater number. My "Letter to Invalids," a smaller tract of 32 pages, gratis, has been more widely read, because, perhaps, it deals with classes of disease very widespread and generally difficult of cure. But it deals none the less with the principles of health, which are the basis of all remedial treatment. For example, in the first pages of this "Letter," I have made the following statement of principles:—

"The natural condition of all living things is one of health, which is a fulness or completeness of life; yet we see vegetables, animals, and men become diseased, and prematurely die.

"The principle of life struggles with the causes of disease and death. When this combat is successful, health is maintained and life prolonged. The tree gets its natural growth, and flourishes for centuries, and many men and women live to be more than a hundred years old.

"Yet great numbers die in infancy. In the bad conditions of foul air, unhealthy food, intemperance, and vice, the average length of life is less than thirty years. With better conditions and habits, it rises to 60 years. With the best conditions we can see no reason why the average of life might not extend to seventy, or even a hundred years or more.

"The conditions of health are the inheritance of a vigorous constitution; a pure diet, sufficient, without excess; pure air, healthful exercise of body and mind, and the moral conditions which give contentment and happiness.

"Animals and men, of a good stock, well born, well nourished, and in good habits and conditions, breathing pure air, drinking pure water, and living natural lives, are healthy and long-lived.

"The causes of disease and premature death are violations of the laws of health. Hereditary weakness—a lack of energy in the germinal life—may be a cause of feebleness, disease, and early death. Many inherit tendencies to special forms of disease.

"Poverty and ignorance subject multitudes to unhealthy conditions. Crowded into unventilated dwellings, and living upon impure food, many resort to stimulants which further deprave and weaken them and their

offspring, and make them the ready victims of contagious and epidemic diseases. The white bread of the bakers is deficient in nutriment, and a cause of rickets, scrofula, dyspepsia, and constipation. Tea, coffee, beer, gin, and tobacco take the place of healthy, nourishing food. Flesh meat is an incitement to sensuality, and a cause of disease. Drugs taken as temporary remedies weaken the system. In some English towns, out of 1,000 children born, over 240 die in the first year; while there are country districts in which such deaths are the rare exception. In a parish in Northumberland for a period of twenty-one years, no child died under a year old. In certain towns in the United Kingdom the general death-rate is 30 or 40 per 1,000 per annum; in others it is 15 per 1,000.

"Whatever lowers the standard of health, or depresses the vital energy, predisposes to disease. Bad air and nervous exhaustion cause consumption, dyspepsia, low fevers, and prepare victims for epidemics. Plague, cholera, small-pox, scarlet fever, measles, typhus, commit their ravages among the poor. All our diseases could be banished by good habits and good conditions.

"All living things have in them the *principle of cure*. It is the principle of life itself; for the same interior force that makes us live, also restores lost substance, and cures our diseases. The life in the acorn makes it an oak. The life of the mother builds up, and then nourishes her babe. The force of life mends the broken bone, heals the wound, and restores to health the diseased organism. This is the *vis medicatrix nature*—the healing power of nature combating the causes of disease; always doing what is possible for the restoration of health and the prolongation of life.

"This force of life—this healing power of nature—exists in different degrees. When we give air, light, cleanliness, a natural diet and other sanitary conditions, *life* will do its own purifying and invigorating work."

I have made this extract because I do not see how the principles of health, disease and cure can be more briefly or more clearly stated. Given the blessing of a good constitution, which means a strong vitality and freedom from hereditary taints or tendencies to disease, and health, longevity and all the happiness this life is capable of, are within the reach of every one.

Literature, Art, Science, as much as you please—but the first object of Education should be Health, the basis of all power and all enjoyment of life.

CHOLERA.

In the summer of 1884 there was an outbreak of the cholera at Toulon, the famous French naval port on the Mediterranean; it soon extended to Marseilles; later it raged at Naples, and other unsanitary towns in Southern Italy. Had it come to Paris, I should have expected it soon after in London—the two great capitals being only nine hours apart, with five or six routes of travel between them.

We read of "the pestilence that walketh in darkness." We speak of cholera as a tangible entity—something that comes and departs, and makes a horrible havoc of humanity. What it is we know not. There is no proof that its cause is a bacillus. Filth is not its cause, but its condition. Toulon and Naples have been as unsanitary for ten or twenty years as in 1884. Filth is a condition of cholera, but not its cause. If it were we should see its outbreaks, as we do those of typhus, in the crowded, unsanitary districts of all our towns—in Horrible London, Liverpool, Glasgow and Dublin.

The *something* which finds filth and makes cholera is supposed to come from certain districts in India, and it has followed the great routes of commerce round the world, making itself felt where it found its necessary conditions—foul air, foul water, drunkenness and depravity. When vitality is lowered by any of these causes, there is a subject for cholera.

The means of prevention are evident. Sanitation and temperance preserve individuals and communities. Men who breathe pure air, drink pure water, and live upon pure food, are not subjects for cholera.

Cholera is not contagious, like small-pox or measles. Those who attend the sick in hospitals do not take it. The panic in French and Italian towns was justified only by their unsanitary conditions.

London has escaped up to this present writing—but we have no security for 1885 but in cleanliness and all healthful habits. If we do not know the nature or cause of cholera, we know as little of the cure. Medical science is nowhere more cultivated than in France and Italy, but it did not hinder the ravages of cholera in Toulon, Marseilles or Naples. I do not see that there are any better modes of treatment than the wet sheet pack, the rubbing bath, and the hot air bath.

FOOD AND HEALTH.

AIR, water, and food are the three prime necessities of life. With pure air to breathe, pure water to drink, and pure food to eat, health is so natural as to be almost inevitable. With a fairly good constitution a long and vigorous life is, barring accidents, a natural consequence.

Cleanliness and ventilation give us, in most localities, pure air. The mountains and the sea are good breathing places. For water we have but to free that which falls from the clouds from atmospheric dust and smoke; water is distilled by the sun, rising in vapour from the sea, condensed into clouds, and then falling in snow or rain. The thoroughly filtered water from every roof is the best possible drink.

The natural food of man—fruits, grains, pulse, vegetables—is also his most healthful food. All the animal world subsists upon the vegetable world. Even the tiger and the wolf eat grass at second hand—grass which has formed the bodies of the antelope, the deer, the sheep and cattle; and the grasses, and seeds of grasses, and soft herbage, or fruits, give them wonderful agility and strength, and fulness of life to all the beautiful, agile and strong vegetarian animals—the monkey tribes, the deer, the noble horse, the great and powerful elephant; these settle the question as to strength of body and power of brain being supported on a vegetarian diet.

Anatomists and physiologists see that man is naturally and constitutionally destined to live on fruits and seeds. The experience of individuals and whole races of men prove—what our most able physicians assert—that fruits, cereals, and what are termed vegetables, are the natural, and therefore the sufficient and most healthful food of man.

Sufficient as giving him in the purest and most healthful form all the nutriment he needs, with the least cruelty, the greatest beauty, the greatest economy, the least waste of health and life.

Grapes, fresh or dried, figs, apples, pears, plums, berries, bananas, tomatoes, &c., are pure and purifying, and contain all the elements of the human body in almost the exact proportions required. Grains and pulse are concentrated fruits, containing, in a condensed form, the same elements. Men can live perfectly well on grapes, or figs, or apples, or bananas.

Bread is the staff of life, and the best bread I have ever eaten was made of "Dr. NICHOLS' FOOD OF HEALTH." Doctors are said not to take

their own medicines; understanding the laws and conditions of health they should never need them, and, knowing also some of the properties of drugs they should never take—and some think they should never give—them. On the other hand, I have lived for years chiefly upon the **FOOD OF HEALTH**, with a little milk, and plenty of fruit. I eat potatoes and other nice “vegetables,” but the solid, substantial, satisfying portion of my diet consists of bread and fruit. Fresh ripe fruit may be nicest and best when you can get it, but I find stewed raisins, stewed figs, stewed prunes, and well-cooked dried apples and peaches, which can be found everywhere all the year round, both healthful and delicious.

The result of these and other sanitary habits is that I scarcely know the sensation of pain, and that, in forty years, I have not been for one day hindered by any illness from doing my ordinary work.

A HEALTHY WORLD.

Is it possible to make a large portion of this earth so healthful that its men and women shall enjoy long lives in almost entire freedom from disease?

There are many facts which seem to prove that general health and longevity are within the reach of sanitary science and good government. The death-rate of some English towns has been reduced one-half by sanitary improvements.

That means a great improvement in health and longer life to the whole population. It means an immeasurable increase of human happiness.

The fact that there are districts in which the death-rate ranges from 8 to 12 per 1,000, and others where it is from 30 to 50 per 1,000 per annum, is a very strong and terrible proof that neglect of the laws and conditions of health is shortening the lives of thousands.

Here is another fact which should come home to the hearts of fathers and mothers. Doubtless I have used it before, but it cannot be repeated too often. It is that while in certain towns in England nearly one-fourth of all the children born die before they are one year old, in the parish of Harbottle, Northumberland, no such death was registered for twenty-one years!—proving that there is no natural necessity for such infant mortality—proving that such mortality is needless, unnatural, and caused by bad habits and bad conditions.

Here is another fact, which I have often cited, which throws a blaze of light upon the question of sanitary reform. Here it is:—

When convicts were shipped to Botany Bay by contract, Government paying so much a head for all taken from the hulks, the death-rate was from 40 to 60 per cent. It was the interest of the shipowners or contractors that they should go to the bottom of the sea. Philanthropy was shocked at this mercenary murder, and the contracts were changed, so that these shippers of criminals were only paid for those who were landed alive at Botany Bay. The death-rate fell at once to three or four per cent. Cleanliness, pure air, pure water, and healthy provisions made all the difference.

The same interest in human health and life would reduce the death-rate of Dublin, Glasgow, and Liverpool from 30 or 40 to 10 or 12 per 1,000.

The death-rate of the Metropolis is 24. In its best districts it is not above 10 or 12. The outcast slums make up the count.

It is not poverty alone. Ignorance and vice have much more to do with it. The horrors of “Horrible London” do not come so much from poverty as from drink and its accompaniments. Dense ignorance is at the bottom of all. Education, especially in the laws of Health, must be the chief remedy.

DR. NICHOLS' FOOD OF HEALTH.

For Children And all who value

8d. per Pound packet.

and Invalids. their health.

A food on which one may entirely live, and which will sustain the body in full vigour for an unlimited period. Even one meal a day of the FOOD OF HEALTH would give health to thousands who are now suffering from dyspepsia, constipation, and their attendant maladies.

The best food, as porridge, blanc-mange, puddings, etc.

Analytical Report on Dr. Nichols' Food of Health.

Supplied by Messrs. FRANKS & CO., of 14, Little Tower Street, London, E.C.

"Analytical Laboratories,

"London and Wolverhampton, June 3rd, 1878.

"I HAVE Chemically and Microscopically examined the farinaceous preparation known under the above title, samples for analysis having been obtained not only from Messrs. FRANKS & Co. direct, but also from retailers in several towns.

"The 'Food of Health' I find to be absolutely free from all metallic impurity, and no inferior grain has been employed in its manufacture. Unlike the 'corn flours,' and the general run of farinaceous 'foods,' this preparation is not merely a starch, more or less carefully washed—it contains within itself, and in an easily-digestible form, the cerealine and other nitrogenous principles, as well as the mineral salts necessary for perfect nutrition.

"Eminently wholesome, and of so excellent a flavour, that beyond 'sweetening to taste' no spices or essences need be added to render it palatable, I consider Dr. NICHOLS' 'Food of Health' well adapted for daily consumption by all classes, from infants up to 'children of a larger growth.'

"(Signed) WENTWORTH LASCELLES SCOTT,

"Public and Consulting Analyst; Lecturer on Chemistry and Physics to the London Conservatoire of Music; Author of 'Food; its Adulterations, and the Methods of Detecting them,' etc."

Of Chemists and Grocers.

N.B.—Where there is any difficulty in obtaining the Food, small quantities will be sent by Parcels Post:—3 lbs. for 2s. 3d., 6 lbs. for 4s.

By NICHOLS & Co., 23, OXFORD STREET, LONDON, W.

Wholesale only: FRANKS & Co., 14, LITTLE TOWER ST., LONDON, E.C.

DR. NICHOLS' SANITARY SOAP.

MADE FROM PURE OLIVE OIL.

FOR THE
Toilet,
Bath,
Nursery,
Sick
Room,
6d.
PERTABLET.



FOR THE
Toilet,
Bath,
Nursery,
Sick
Room,
6d.
PERTABLET.

"Analytical Laboratories, London and Wolverhampton,
June 3rd, 1878.

"I have carefully analysed the elegant toilet preparation known as 'Dr. Nichols' Sanitary Soap,' and I have pleasure in certifying it to be composed of pure alkalis and oleaginous matter of vegetable origin only. This soap, containing no extraneous saline or silicious admixture, and being free from excess of alkali, will, under no circumstances, injure the skin; but has, on the contrary, a healing tendency, even upon chapped or abraded surfaces. A small proportion of a mild but efficacious antiseptic which is present in this soap renders it useful in cases of incipient erysipelas, eczema, and other cutaneous affections."

(Signed) WENTWORTH LASCELLES SCOTT,

"Public and Consulting Analyst; Author of 'Food: its Adulterations, and the Methods of Detecting them,' &c."

Sixpence per Tablet of Chemists and Grocers.

**N.B.—Box containing three tablets free per Parcels
Post for 1s. 6d.**

Of NICHOLS & Co., 23, OXFORD STREET, LONDON, W.

Wholesale only: FRANKS & Co., 14, LITTLE TOWER ST., LONDON, F.C.

DR. NICHOLS' SANITARY SOAP,

MADE FROM PURE OLIVE OIL.

SANITARY

It contains Deodorising, Antiseptic, and Disinfecting elements, which make it not only the most purifying of soaps, but one remarkable for its curative virtues. It neutralises and destroys every kind of impurity and every taint of disease—fungoid, parasitic, or animalcular—in the skin, hair, or teeth. It has quickly removed eruptions of ten years' standing. It perfectly destroys the morbid matter of measles, scarlatina, and all contagious diseases. It cures chaps, chilblains, abrasions, and excoriations.

TOILET

It will not injure the most delicate complexion. Can be used by ladies for the face without fear, and gives a singular softness to the hands.

NURSERY

All mothers who have used it agree that it is a most delightful and beautiful soap for babies and young children. It allays all irritations and rash.

BATH

Freely used over the whole surface of the body, it gives a singular softness, a healthy glow, a clear purity and pearly lustre to the skin, and a delightful sense of absolute cleanliness, and secures perfect health, the first element of beauty.

TEETH

Used as a Dentifrice, it thoroughly cleanses the teeth, arrests decay, restores health to diseased gums, and removes every trace of putridity from the breath.

HAIR

The regular use of the soap to the scalp will thoroughly cleanse the head from scurf, and by removing disease from the roots of the hair, enable it to grow strong and glossy.

SHAVING

From the delicious softness imparted to the skin, it makes a perfect shaving soap.

GARGLE

It is, when dissolved in water, an excellent gargle for relaxed or ulcerated tonsils.

BURNS, SCALDS, STINGS, ETC.

Scraped or grated, and made into a thin paste with water, it *instantly* allays the smart and pain of burns, scalds, stings, &c.

Proprietors: FRANKS & CO., 14, Little Tower Street, London, E.C.
OF ALL CHEMISTS, &c.

DR. NICHOLS' FOOD OF HEALTH BISCUITS.

DR. NICHOLS' FOOD OF HEALTH has been more than ten years before the public, and recognised and recommended by the most eminent authorities as worthy of its name, containing as it does extraordinary nutritive and sanitary properties. It is a preventive of and cure for Dyspepsia, Constipation, Bile, and generally all diseases of the organs of digestion, and affords to feeble children and invalid adults just the strong, yet most soluble and easily-digested nutriment they require.

As containing all the elements needed to build up and nourish the human body, from bone matter to brain matter, in suitable proportions, this Food of Health is exactly what is needed in all cases of emaciation and impaired or difficult nutrition. A distinguished Physician Dr. E. B. Shuldham, writing in the *Homœopathic World* (April, 1883), declares he has found it the best food he has ever tried in cases of Consumption. Weakly children fed upon it grow healthy and robust.

This Food of Health has been used in the form of Gruel, Porridge, Puddings, or the more dry and solid forms of Wafers and Bread; but to make it still more convenient, and to give it a form in which it needs no cookery, and can be distributed all over the world, and keep in any climate, the Proprietors have now introduced it in the form of Biscuits, perhaps the best form of all, not only for convenience, but to secure mastication, insalivation, easy digestion and rapid assimilation.

Carefully packed in Tins, they can be supplied in any quantity and safely sent to any part of the world. Packed thus they will not absorb moisture or odours, and will perfectly preserve all their nutritive, delicious, and salutary properties.

Of Chemists and Grocers.

N.B.—Sample Tins free by Parcels Post for 2s. 6d.

Of NICHOLS & Co., 23, OXFORD STREET, LONDON, W.

Wholesale only: FRANKS & Co., 14, LITTLE TOWER STREET,
LONDON, E.C., Proprietors.

DR. NICHOLS' SANITARY BAKING POWDER

Differs from the ordinary Baking Powders in being composed of chemical elements of perfect purity combined in accurate proportions, and free from any deleterious ingredient.

SOLD IN

6d., 1s. and 2s. **CANISTERS.**

Of Grocers, etc.

N.B.—A 1s. canister free by Parcels Post for 1s.

DR. T. L. NICHOLS' SANITARY EGG PRESERVER.

If the eggs to be preserved are in good condition, and the vessel in which they are placed well covered, so as to prevent circulation of air, there can be no deterioration, so that the abundant and cheap supply of eggs in Spring may be kept for Christmas or throughout the year. Boxes containing materials for 250 eggs, 3s. ; for 500, 5s. ; for 1,000, 9s.

Of Grocers, etc.

N.B.—Material for 250 eggs free by Parcels Post for 3s.

DR. NICHOLS' COUNT RUMFORD SOUP.

Dr. Nichols has prepared the chief elements of Count Rumford's famous cup in the concentrated portable form of *penny packets*, by means of which a delicious basin of soup can be made in a few minutes—either by itself, or with the addition of vegetables, rice, macaroni, vermicelli, etc. This soup, in packets, is most convenient for picnics, voyages, and for invalids.

Of Grocers, etc.

N.B.—Nine Packets free per Parcels Post for 1s.

Of NICHOLS & Co., 23, OXFORD STREET, LONDON, W.

Wholesale only: FRANKS & Co., 14, LITTLE TOWER STREET, LONDON, E.C.

DR. NICHOLS'

WHEATEN GROATS,

6d. per lb. packet,

A DIETETIC APERIENT.

This highly nutritious food, a speedy and thorough remedy for Constipation and all its attendant maladies, is made from selected White Wheat, each kernel of which is flattened with a force which develops a peculiar mucilaginous sweetness, and renders it not only eminently healthful, but truly delicious, and in cases of habitual and obstinate Constipation, the best known remedy in dietetic medicine—gently and naturally stimulating the peristaltic and secretory action of the bowels, while it makes pure blood and perfectly nourishes every organ and tissue. This food is rich in all the elements of health, and is warranted superior to any, however widely puffed, at ten times its cost. One meal of two or three ounces of Wheaten Groats a day is a remedy for most cases of dyspeptic ailment, but in chronic constipation this food, with ripe or stewed fruit, should, for a time, form almost the entire diet.

Of Chemists and Grocers.

N.B.—3 lbs. free per Parcels Post for 1s. 9d.

DR. NICHOLS'

MILK SOLVENT

Is a Dietetic Adjuvant—a chemical compound, which, added to the milk of the cow, gives it the properties of mother's milk, holds it in solution, and so favours the action of the gastric juice in weakly infants and dyspeptic invalids as to favour its rapid conversion into pure and living blood. Milk is secreted from the blood and contains all its vital elements; and, by the process of digestion, milk is reconverted into blood. Cow's milk differs somewhat from human milk. It forms a harder curd in the stomach, and is more difficult of digestion. Dr. NICHOLS' MILK SOLVENT removes these differences, keeps the curdling milk soft and penetrable, and so facilitates the wonderful processes by which it is reconverted into blood, that the most debilitated and irritable stomach of the sufferer from Dyspepsia and Nervous Exhaustion, and the weakness of pregnancy or childhood can perfectly digest it, and the feeblest invalid be nourished and restored to health. Pint Bottles, 3s.; Quarts, 5s.

Of Chemists.

N.B.—Pint Bottles free per Parcels Post for 3s.

Of NICHOLS & Co., 23, OXFORD STREET, LONDON, W.

Wholesale only: FRANKS & CO., 14, Little Tower St., London, E.C.

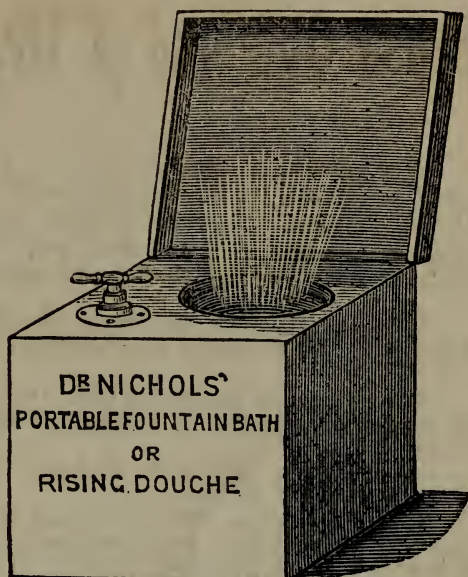
DR. NICHOLS'

PORTABLE

FOUNTAIN BATH.

For the home treatment of constipation, piles, fistula, protrusion of the lower bowel, falling and displacement of the womb, vaginal weakness, diseases of the prostrate gland, ovaries, testes, and many diseases of the generative organs of both sexes.

To facilitate this home practice, which is, in most cases, as good as any, and more economical than visiting "Establishments," Dr. Nichols has invented a Portable Fountain Bath, or Rising Douche, for disorders of the generative system in both sexes, which can be used at the bedside of every patient. The engraving shows the principle, but the form has been improved. Its effect upon the whole system is very remarkable. Price 63s.



DR. NICHOLS'

PORTABLE

TURCO-RUSSIAN

HOT-AIR OR

VAPOUR BATH.

"Dr. Nichols' Portable Turco-Russian Hot-Air or Vapour Bath" enables anyone to take a Turkish Bath or a Steam Bath in his bedroom. It is adapted to gas or spirit-lamp. The patient sits in a common chair; his body is enclosed in a tent or robe, which retains the heat while it allows a certain degree of transpiration, and the head is free, the breath pure, so that patients can take this bath who cannot bear the ordinary Turkish Bath. Free perspiration is induced in ten or fifteen minutes, and a wash down of cool or cold water, and good rubbing, complete the operation. Very delicate patients have taken this form of bath daily for months with great advantage. Price for Gas, 32s.; for Spirit-lamp, 29s. 6d.



Press Opinions of Dr. Nichols' Works.

For public and private opinions as to the value and usefulness of these works, see "Volume of Papers," including "Herald of Health," Vol. I., or form your own opinion by sending for "How to Live on Sixpence a Day," "Count Rumford," "The Diet Cure," or order the **HERALD OF HEALTH**, Monthly, of your newsman or bookseller.

The following are specimens of notices, reviews, and private commendations, which would fill a volume :—

HOW TO LIVE ON SIXPENCE A DAY.—"Full of the most useful information—the production, evidently, of a learned, thoughtful, philanthropic man."—*Weekly Dispatch*.

"Sound and practicable—we confidently recommend it to all true philanthropists."—*Mechanics' Magazine*.

HUMAN PHYSIOLOGY.—"In this remarkable volume Dr. Nichols has condensed the studies of many years into a popular form. He writes simply, frankly, fully—he is never pedantic, or obscure, or dull. In the course of his five hundred pages there is not a line which is not only worth reading, but remembering, for to a large majority of readers most of the facts and inferences will be wholly new. While profoundly thoughtful and philosophical, every page is so clearly written, every fact is so fully stated, every law is so perfectly explained, that every one will not only thoroughly understand but fully appreciate the work."—*Birmingham Morning Post*.

"The spirit of the work throughout is excellent."—*Public Opinion*.

SOCIAL LIFE.—"We have read this work with the greatest pleasure; and in closing it, we do not know which to admire most—its useful practical suggestions for reforming, educating, refining, and polishing our whole life and society, so as to bring out their highest use and beauty; or the full, clear, and incisive style in which it is written throughout. Dr. Nichols has written many useful works; but to prove he is a thoughtful, well-read, observant, clever, kindly gentleman, commend us to this modest treatise."—*Public Opinion*.

FORTY YEARS OF AMERICAN LIFE.—"Dr. Nichols has broken new ground—ground that has been little more than touched by any of his predecessors—and given us an exceedingly clear, pleasant, and varied series of sketches of American life and manners, surprisingly free from the customary defects of such works. No book we have ever read gave us anything like so clear and vivid an idea of American life. As a description of American homes, and Americans at home, this book is the best we have seen."—*Saturday Review*.

"The descriptions of life in New England forty years ago, and in New York at the present day, are really admirable. His narrative has that greatest of charms, that he entirely sympathises in his heart even with the weaknesses which his intellect confesses. Indeed, the early chapters of the first volume, in which he describes the State of New Hampshire during his boyhood, are perfectly idyllic. In conclusion, we heartily recommend Dr. Nichols' book. It is thoroughly amusing, instructive, where he relates his own experience, and everywhere racy of the soil of which it treats."—*Spectator*.

"An interesting book, written with extraordinary vivacity, and full of amusement and instruction."—*Literary World*

ESOTERIC ANTHROPOLOGY.—"My judgment is, that this is not only the best book on the subject on which it treats, but the only true and satisfactory one ever written."—*Alonzo Lewis*.

"This book contains more that is weighty in fact and sound in philosophy—more that is useful in medical science and effective in medical art—more that is purificative and elevative of man, than any one work, in volumes few or many, that has ever graced the *Librairie Medicale* of civilisation."—*Dr. E. Dodge, Oswego, N.W.*

DR. NICHOLS' SANITARY INVENTIONS.

It is due to Messrs. Franks and Co., who are the wholesale agents for my books and inventions, that I should say a few words of the latter, which will be found described in their advertisements. I found out long ago that it is not enough to give people good advice—it is necessary to provide them with what is necessary to follow it.

Wishing to bring a perfect food, nourishing, healthy, curative, within the reach of all, I invented "Dr. Nichols' Food of Health," which is, so far as I know, in its chemical composition and its peculiar mode of preparation, the best farinaceous food in the world—a preventive and cure for dyspepsia, constipation, and all diseases or diseased conditions of the organs of digestion, assimilation, secretion, and defecation.

In the form of DR. NICHOLS' FOOD OF HEALTH BISCUITS, packed in tins, this perfect food can now be kept in any climate, and had ready cooked, at any moment, in any part of the world, making, with the addition of fruit, a delicious, healthy, and sufficient diet.

Dr. Nichols' Wheaten Groats have never failed to speedily cure the most inveterate cases of habitual constipation.

Cleanliness being a prime condition of health, I thought it a good thing to invent a perfect soap, cleanly in itself, free from the foulness of animal decay, and containing special antiseptic, disinfecting, and curative agents. Therefore I instituted a series of experiments, and invented Dr. Nichols' Sanitary Soap, which has been pronounced by all who have used it simply perfect as a toilet soap, making the hands and complexion exquisitely soft, white, and healthful, and possessing curative properties of the most extraordinary character—instantly allaying the smarting and pain of scalds and burns, for example, speedily curing wounds, bruises, sores, and inveterate skin diseases—so that it is not only the most delightful of soaps, but at the same time the most potent in its deep cleansing

and healing powers. Send for a box by parcel-post and try them.

I believe my Sanitary Baking Powder is as good as can be made. Send for a box by parcel-post and try it.

Accounts of my Egg Preserver, Milk Solvent, and other matters of interest will be found in the advertisements and in the *HERALD OF HEALTH*, which should be read every month by every one who wishes to know how to make life worth living.

My invention of a PORTABLE FOUNTAIN BATH OR RISING DOUCHE has placed one of the most powerful remedies of hydropathy for constipation, piles, *prolapsus ani*, *prolapsus uteri*, and other diseases and weaknesses of the pelvic viscera and generative organs of both sexes, within the reach of all. It may be taken at the bedside, and is a luxury for the healthy as well as a ready means of cure for the most distressing ailments.

One of the best of agencies for securing perfect cleanliness, and that thorough purification of the whole system which is an important condition of health, is the Turkish or hot-air bath. The desideratum was to have one in every house, and by the bedside of every invalid, so cheap, so portable, so easily arranged, that everyone can enjoy its benefit and luxury. This is secured in DR. NICHOLS' PORTABLE TURCO-RUSSIAN BATH.

All Wholesale Orders must be addressed to

FRANKS & Co., 14, LITTLE TOWER STREET, LONDON, E.C.

JUST PUBLISHED, Post Free for 2½d., a Reprint.

“**DYSPEPSIA:** (commonly called Indigestion), one of the gravest of human afflictions—its NATURE, CAUSES, PREVENTION, and CURE,” by T. L. NICHOLS, M.D., author of “Human Physiology the Basis of Sanitary and Social Science,” etc., etc. NICHOLS & Co., 23, Oxford Street, W. Dyspepsia is not only a very common disease, but it is a cause or complication of almost all other diseases. It is a central difficulty, and makes the lives of thousands poor and painful, weak and miserable. As we cannot live without food, we cannot live well unless our food is properly digested. Undigested food is a foreign body in the stomach, and a source of irritation and exhaustion. We are better without it.

MESSRS. FRANKS & CO.,
14, LITTLE TOWER STREET,
LONDON, E.C.,
Wholesale Tea and Coffee Merchants.

ESTABLISHED OVER 60 YEARS.

LOOSE TEAS.

Congou in Chests, Half Chests, and Boxes. Assam in Chests. Young Hyson in Half Chests and Boxes. Gunpowder in Half Chests and Boxes. S.O. Pekoe, and S. Caper in Boxes. At all Prices.

Smaller quantities may be ordered.

SAMPLES SENT ON APPLICATION.

ROASTED BERRY COFFEE,

In 112 lb., 56 lb., and 28 lb. Bags, or in Chests.

RAW COFFEE

In Casks, Barrels, and Bags.

**Proprietors of the Royal Osborne
Packet Tea (Patented 1861).**

BRILL'S SEA SALT

For DAILY USE IN HOT, COLD, OR TEPID WATER.

Prepared Without Trouble. | Invaluable in the Nursery.

BRILL'S

A Sea Bath for 1½d.



In Boxes, 1s. 6d. per doz.

REGISTERED TRADE MARK.

SEA BATHS.

From the "DAILY TELEGRAPH."

"Those of the Public who, either through want of time or on account of its expense, are unable to enjoy a trip to the seaside, can now have the luxury of a sea bath at their own homes at a very trifling cost. Mr. Brill, formerly proprietor of the well-known sea-bathing establishment at Brighton bearing his name, has succeeded in preparing what he calls the 'Crystal Sea Bath,' and a packet sufficient for a bath can be had for the small sum of three half-pence."

A Brill-iant Idea from "JUDY."

When Venus' *Ἀναδυομένη*
Was ruffled by the Ocean,
The Paphian goddess left the Sea,
Disgusted with the motion.
But nowadays, thanks be to BRILL,
We set it at defiance,
And take a dip whene'er we will—
A miracle of science.

From 'WHITEHALL REVIEW.'

"We have tried Brill's Sea Baths, as the boxes of Salt he sells for the purpose of turning the Fresh Water into Salt in a Sponge or Tub bath are called. We find them fully equal to REAL SEA WATER; they are as superior to anything of the kind that has as yet been before the Public as Mumm's Dry Champagne is to the cheap trash sold at thirty shillings per dozen."

OF ALL CHEMISTS, &c.